

Miami-Dade Parks, Recreation & Open Spaces Department

S.A.F.E.



Safe Active Fit Employees

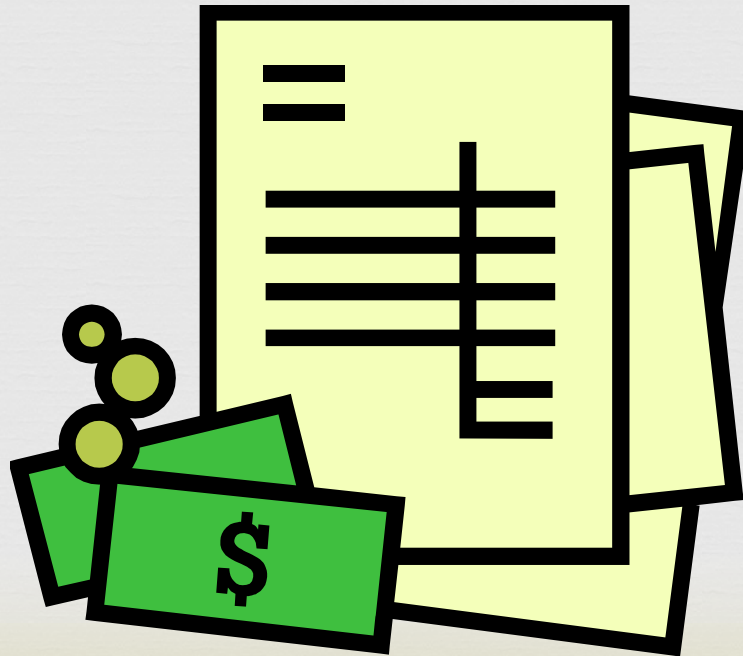


Safe Active Fit Employees



Opportunity for Improvement:

- Reduce Workers' Compensation Costs



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HOW?

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- By reducing employee injuries



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HOW?

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- By identifying what is causing these injuries



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HOW?

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- By reviewing accident related data

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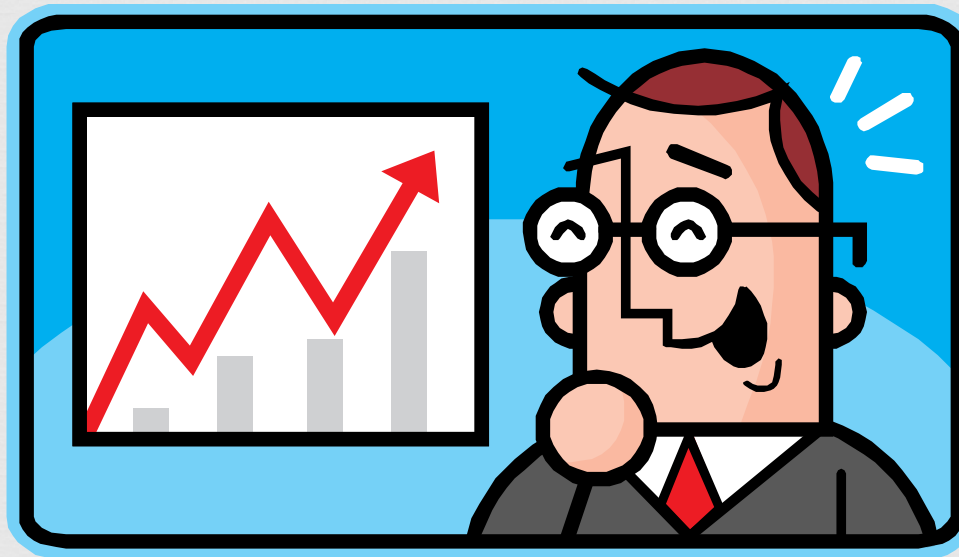


WHAT?

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- Trends in the data that tell a story



STERLING FRAMEWORK



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- Effort to keep employees safe and reduce expenses.
- Top 3 most frequent and expensive accidents over a three year period:
 - Slips and Falls
 - Lifting Injuries
 - Awkward Movement Injuries
- Over \$659,000 in Workers' Comp Claims

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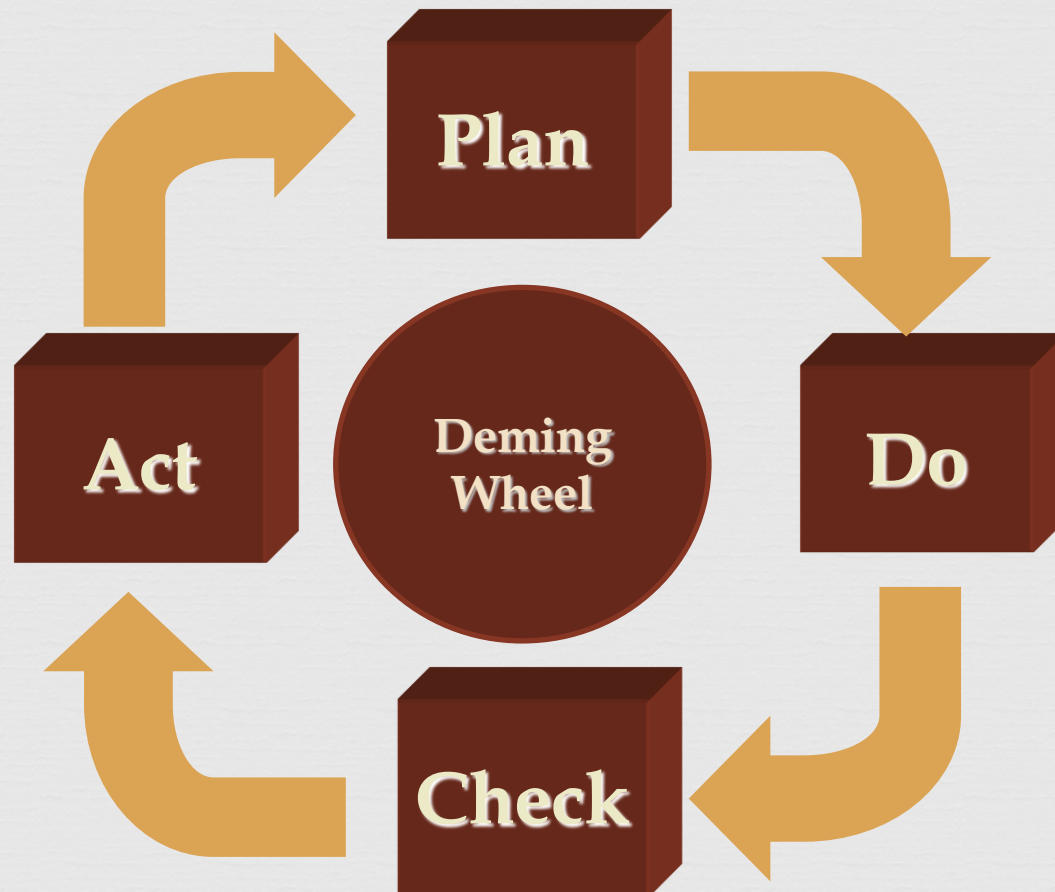
- Strategies for Reducing Accidents
 - Increase Employee Knowledge
 - Increase Employee Awareness/Focus
 - Improve Employee Methods/Techniques
 - Improve Work Readiness:
 - Personal Protective Equipment
 - Physical Preparation

Safe Active Fit Employees



- Pilot Program at Crandon Park Maintenance
- June 27 – September 27, 2012
- Program Consisted of:
 - Basic Safety Training
 - Safety Awareness Campaign
 - Stretching prior to work (Voluntary)

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- Basic Safety Training
 - Use and Care of County Vehicles
 - Personal Protective Equipment
 - Handling of Chemicals
 - Trip and Fall Awareness
 - Proper Lifting Techniques and Awkward Movement Awareness
- Nutrition

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- Safety Awareness Poster Campaign

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GET SERIOUS ABOUT SAFETY:

Avoid slips and falls by using three points of contact when climbing.

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SAFETY IS NO-NONSENSE:
Wear your P.P.E.'s!

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MIAMI-DADE
COUNTY

GET SERIOUS ABOUT SAFETY:

Don't trash your back; use proper lifting techniques!

To request material in accessible format, information on access for persons with disabilities, or sign language interpreter services (7 days in advance), call 305-755-7848.

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MOVE NOW, SO YOU CAN MOVE LATER

Warm Up! Avoid Awkward Movement Injuries.

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- Dynamic Stretching
 - Warm muscles prior to work
 - No more than 10 minutes
 - Strictly Voluntary



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- Results
 - Focus Group: 73% of employees were present
 - 68% are More Aware of Safety
 - 54% of total employees (14 of 26) are participating in the stretching exercise program on a regular basis (at least 3x's a week)
 - 47% stated they are engaging in more “health” improving behaviors (eating right or exercising) outside of work as a result of this program
 - 84% recommend that the program be expanded throughout the department

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- Comments
 - Feel sharper so better able to avoid accidents
 - Feel better when getting off of Toro
 - Shoulder pain is gone
 - Feel better getting on and off of equipment
 - Less lower back pain
 - Energizing and helps to relax muscles
 - Motivating experience; workplace more positive

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- For fiscal year 2012-2013 the Crandon Park Maintenance Team had no new workers' compensation claims.



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- Program has been expanded to:
 - Zoo Miami
 - Beach Maintenance
 - Haulover Park Maintenance
 - Disability Services at A.D. Barnes Park

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Safety Is About Teamwork
Help Keep Each Other Safe.

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MOVE NOW, SO YOU CAN MOVE LATER

Warm Up! So You Can Stay Flexible

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